

WCS WORLD OF 4S MENU * DEC. '18

This institution is an Equal Opportunity Provider.



A Nourished Student is a Learning Student!

Sun

HIRING
WCS NUTRITION SERVICES IS LOOKING FOR A FEW GOOD EMPLOYEES TO FULFILL OUR NEED FOR SUBSTITUTE CAFÉTERIA HELPERS. APPLY ONLINE TODAY!
Call the Nutrition Service Office at 586.698.4158 to express your interest in employment.

Mon

- 3
 - 2 Whole Grain Cheese Italian Dunkers
 - 1/4cup **Marinara Sauce**
 - 1/4cup **Marinated Chickpeas**
 - 1 Fresh Apple
- 10 **Taco Day**
 - Reduced Fat Beef Taco Meat & Shredded Cheese over
 - 1 Whole Grain Soft Taco Shell
 - 1/4cup **Salsa**
 - 1/4cup **Refried Beans**
 - 1/4cup Diced pears
- 17
 - Whole Grain Breaded Chicken Patty Sandwich on a Whole Wheat Bun
 - Low Fat Ranch Dressing
 - 1/4cup **Fresh Broccoli Buds**
 - 1/4cup Diced Pears

Tue

- 4
 - Hamburger with or without Cheese on Whole Wheat Bun
 - 4 **Smiley Fries**
 - Ketchup & Mustard
 - 1/4 cup **Diced Peaches**
- 11
 - 6 Mini Whole Grain Chicken Corn Dogs
 - 1/4cup **Fresh Broccoli Buds**
 - 1/4cup Fresh Grapes
- 18 **Breakfast For Lunch**
 - Whole Grain Mini Confetti Pancakes
 - 2 Turkey Sausage Links
 - 1 Fresh Apple
 - 1/4cup **Baby Carrots** w/ Ranch

Wed

- 5
 - Whole Grain Mac & Cheese
 - 1/4 cup Seasoned Carrots
 - 1/4 cup Fresh Grapes
- 12
 - 3 Whole Grain Cheese Ravioli w/
 - 1/4 cup Marinara Sauce
 - 1/4cup **Seasoned Corn**
 - 1/4 cup **Diced Peaches**
- 19
 - 5 Whole Grain Breaded Chicken Nuggets
 - 4 **Smiley Fries**
 - 1 Fresh Banana

Thu

- 6
 - 5 Whole Grain Breaded Chicken Nuggets
 - 1/4cup **Fresh Broccoli Buds**
 - 1/4cup Diced Peaches
- 13 **Bagel Fun Day**
 - Whole Grain Bagel
 - Light Cream Cheese
 - Strawberry Yogurt
 - Low Fat Mozzarella Cheese Stick
 - 1/4cup Strawberry Parfait
 - 1/4cup **Baby Carrots** w/ Ranch
- 20
 - All Beef Hotdog on a Whole Wheat Bun
 - 1/4cup **Vegetarian Baked Beans**
 - 1/4 cup **Diced Peaches**

Fri

- 9 **No School**
- 14 **No School**
- 21 **No School**

Sa



*Dec 21st—Jan 4th All Classrooms are Closed
 Have a Healthy and Safe Break*

1% white milk included with lunch.

